



## The Kidney & Bladder Edition

Kidneys are important for clearing waste products out of our body.

Did you know they also have a key role in managing our blood pressure and making Vitamin D? And the kidneys produce a hormone that tells the body to make red blood cells – handy!

Learn more about your kidneys and how to keep them healthy on the NHS Choices website:

[www.nhs.uk/livewell/kidneyhealth](http://www.nhs.uk/livewell/kidneyhealth)

## Medicines and Dehydration

If you are vomiting, have diarrhoea or



have a fever, sweats and shaking, your kidneys might not be getting enough water

through them to work properly. Do you know which medicines you should stop if you are unwell?

The Scottish Patient Safety Programme has made an easy-to-read guide, which we can talk you through next time you are in the pharmacy. There is a reminder card as well, that fits in your purse or wallet. Even if you don't take prescription medicines it might be handy to know what to do when your relatives / neighbours are unwell?

Links for Tim, for good images, are available here:

<http://www.scottishpatientsafetyprogramme.scot.nhs.uk/programmes/primary-care/medicine-sick-day-rules-card>

Secure NHS email address for the pharmacy: [nhs.aberlourcp@nhs.net](mailto:nhs.aberlourcp@nhs.net)

Phone: 01340 871 279

Open Mon – Fri 9am – 1pm, 2pm to 6pm

Sat 9am to 1pm.

## Organ Donor Register

Right now across the UK there are 6,500 people - including 150 children - living a life in limbo, waiting for a call that will change their lives.

Sadly a shortage of organ donors means too many people die before they get the transplant they need.



The couple of minutes you give to sign up to the NHS Organ Donor Register could lead to you saving lives in the future. Having an illness or long term condition doesn't prevent you from registering as an organ and tissue donor. Even if you can't donate your organs when you die, most people can still donate tissue.

As an organ donor you could save or transform up to nine lives.

Please discuss this subject with your family, so that when you die they will know what you wanted.

Read more at:

[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)

## Natracare towels, tampons and panty liners.



We have finally, after years of searching, found a supplier of Natracare products.

This is why we were so keen to stock them:

“Natracare stands for more than just organic and natural products. We are an award winning, ethical company committed to offering organic and natural solutions for personal health care that leave a soft footprint on the earth. “

Read more at [www.natracare.com](http://www.natracare.com)

Continued overleaf...



# Aberlour PHARMACY

Newsletter

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## The Kidney & Bladder Edition

You can read more about the subjects mentioned in this newsletter on the pharmacy website:

[www.aberlourpharmacy.co.uk](http://www.aberlourpharmacy.co.uk). There are links to click on, to sign up for organ donation for example.

### Tena – our sample pack

We have a sample of every Tena product, labelled up with its name and order code, in a box in the consultation room. This makes it so much easier to buy the right product – you can test how stretchy the pants are, feel how thick the pads are, see if the size is right.

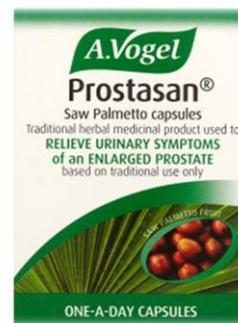


The box is used most often when customers are caring for a relative who has had prostate surgery or is unwell and just can't get to the loo in time. If we don't have the right product in stock we can often get it in for the next day – the order cut-off for the main supplier we use is 3pm so try and come in the morning if possible.



### Saw Palmetto

We stock A.Vogel Prostan capsules. They contain Saw Palmetto, a traditional herbal medicine used to relieve urinary symptoms of an enlarged prostate.



### Cystitis Test & Treat

The pharmacists at Aberlour Pharmacy can test and treat cystitis in women aged 16 to 65 years. There are a few exclusions: Diabetes, allergy to Trimethoprim, etc. If you think you have a urine infection come to the pharmacy and we will see what we can do to make you feel better. It helps if you can bring a fresh (in the last 30 mins) urine sample (around 25ml / 1 fl. oz) in a clean container.



Women under 16 years / over 65 years / pregnant, and cystitis in men are a bit more complicated - it's the plumbing, apparently - so they are managed by doctors. If your medical centre is closed, come to the pharmacy and we'll see if you need an appointment with the out-of-hours doctor. If you do, we can make the appointment for you.

### Read more about all the topics in this newsletter

, and much more, on the Aberlour Pharmacy website. [www.aberlourpharmacy.co.uk](http://www.aberlourpharmacy.co.uk) There is a "contact us" link – why not tell us what subjects you would like us to cover in future newsletters? Or products you would like us to stock?